

REQUIREMENTS for RESULTS (tests to actually verify proven healthful results)

YOUTH, ADOLESCENT, and ADULT, SPORTS TRAINING, EXERCISE PROGRAMS, DIETS

Any and all “exercise” programs are an ADDED STRESS to “hopefully” cause increased performance.

Before adding additional stress to a person’s system, there should be considerations of how to get ADEQUATE RESPONSE or RESULTS!

Proper or full response for RESULTS comes from NUTRITION and REST or TIME to accumulate and process nutrition for ADEQUATE RESPONSE! (nutrition is what the body builds its response from)

Results of increased strength, endurance, and fat loss while lean muscle is gained, is about application of FACT BASED KNOWLEDGE and APPLICATIONS, NOT LUCK, CHANCE or a MAYBE!

TRUE KNOWLEDGE can and does allow for the PROVEN PROFESSIONAL, to PREDICT to a great degree and ACTUALLY “TEST” the following, **to prove their program is PHYSICALLY CORRECT and actually is BUILDING HEALTH** as well.

A TRULY FACT BASED PROGRAM WILL BE ABLE TO ACTUALLY “ENGINEER” YOUR SUCCESS!

TESTS, CHECKS, BALANCES, VERIFICATIONS TO “KNOW” IF A PROGRAM IS TRULY FACT BASED...

- 1) **BODY WEIGHT DAILY**– checked and logged (with diet consumption) for future adjustment.
- 2) **RESTING, DESCENDING, WORKING HEART RATES DAILY**- this is the ONLY TRUE ACCURATE way to “know” if the conditioning is improving, along with the RECOVERY being adequate before another workout is ready. (This is needed to be explained by the instructor or they are inept and unqualified.)
- 3) **MEASUREMENTS EVERY THREE WEEKS** - this is to actually denote place of actual physical changes and re-enforce progression from the perspective in size or inch changes and where.
- 4) **PICTURES – EVERY THREE WEEKS**- the actual VISUAL PERSPECTIVE for a full observation from an “outside view”. (Motivational also.)
- 5) **ACCURATE BODY COMPOSITION- EVERY TWO WEEKS**- either HYDROSTATIC or N.I.R. These two are the most CONSISTANT and most recognized for TRUE CHANGES of FAT and MUSCLE. This will be the MOST RESISTED BY NON-KNOWING INSTRUCTORS but “most important” verifier. This testing separates the true knowledgeable exercise instruction and factual nutritional programs from the frauds.

- 6) **BLOOD SUGAR LEVELS - TWICE DAILY IF NEEDED - DIABETIC SAFE**- if the program is truly balanced even diabetics will be able to gain muscle and loss fat WHILE BEING WITHIN THE NORMAL DIABETIC RANGES. Imagine what this means for balance for youth who are in their FORMATIVE YEARS.
- 7) **BLOOD CHEMISTRY IMPROVEMENTS – EVERY THREE WEEKS**- by the client's Physician, this is to show and provide proof of the PROPER BALANCE OF NUTRIENTS IN DIET and or SUPPLEMENTATION.

HEALTH should be the major consideration for physical performance. If it is a “youth” it is even more important as the young person is in their “formative years” and they are in need of REQUIRED nutrients for *adequate growth and the formation of all processes*. Everyone should be aware of the facts that “*certifications*” *do not “qualify” or make for competency!* Be aware of the “EMOTIONAL” buy in by someone saying, “they like” this or that! Get a factual, qualified, verifiable program.

Your health is your “life forces” and they are important long term. Get a program and instructor who can provide the above standards or you will be wasting your time and “paying twice!” Youths will pay even more with their future!

FOR MORE INFO: www.resultsareproof.com

www.thegreatfitnessfraud.com

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Imagine the fact of a program that tests out with the above plus.....

Workouts that take less than 20 minutes 3 times per week, yet develop up to 8 -12 lbs. of muscle for men and 6 – 10 lbs of muscle for women in just 4 weeks “typically!” (measured, verified, by body composition)

Workouts have additional cardio programs following of only 21 minutes, and **measure results of “ fat loss” for men and women of 10 - 18 lbs fat lost per “4 weeks,” “ typically!”** (Approximately a size every 2 - 3 weeks)

Lowered resting heart rates and faster returning heart rates showing increased cardiovascular capacity!

Imagine eating “more food” than most want to.....no hunger because blood sugar is balanced and **no cravings** because nutrients are balanced.

Increased energy from balanced nutritional and supplementation programs that teach a true lifestyle!

Because more actual facts are used, along with precise applications your success is actually **ENGINEERED!**

Learn it once, learn it right, and learn it for life!

OVER 43 YEARS OF EXPERIENCE, TESTED, PROVEN, PHYSICIAN ENDORSED.

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